

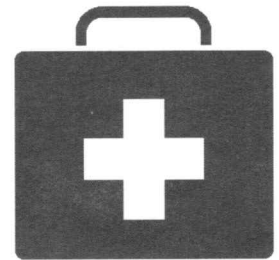
Tale *Feathers*

Oct 2004

Volume 71
Number 7

Helpful Tips for Healthy Birding

*Tuesday, October 19, 2004 at
7:30 p.m.*



How many of you have suffered from the dreaded "warbler neck" from scanning the tops of trees for migrating birds? Which of you have felt soreness in shoulder muscles or burning between your shoulder blades from holding binoculars for several hours? How about sore calf muscles from several hours of walking? Most of us have experienced discomfort caused by the static postures and stresses associated with birding.

On October 19 at the Powder Valley Nature Center, Susan Eaton, Physical Therapist with 30 years experience and avid birder, will discuss the importance of good posture habits and spine flexibility. She will cover how to avoid the effects of prolonged static postures by doing frequent stretching. Also, you will learn how maintaining good mobility in your spine and simple stretching exercises can minimize common birders' ailments. Handouts will be provided.

Bring a friend, birder or not, since the advice can help maintain a healthy neck and back for anyone.

Open to all-members or not.

From the intersection of Interstates 44 & 270, take Watson Rd. to Geyer Rd. Turn north on Geyer for 200 yds. to Cragwold Rd. Go west on Cragwold for 1 mi. to nature center entrance on right. Follow drive to parking lot. Enter building through left entrance.

Questions, call Mitch Leachman at 314-739-5112.

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Help Wanted

St. Louis Audubon Society

New Members

J. P. Biesterfeldt
Mike Breiner
Susan Broderick
Richard Dolan
Joan M. Florence
Elaine & Harold Glassman
Casey K. Griffin
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Angie Johnson
Katherine Kinsella
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Larry & Debby Martin
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Pamela Schulte
Barrett Toan
Erin Scott Gardner MD
Frank Bryan McMinn
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Dennis Mathei
W. Palmer
Jean K. Wells

BUTTERFLY PRESENTATION FOR THE CORPS

Sharon Nickl, V.P. of Education

This summer, the Army Corps of Engineers at the Alton River Museum decided to try something new to help attract the public to their new facility. They asked nature-oriented organizations to do presentations for families at their facility.

On Sunday, August 15, 2004, myself and two other members of the St. Louis Audubon Education Committee, Pat McCormick and Dr. Diane Benjamin, gave a program on butterflies for them at the Alton River Museum. We took along our mounted butterflies(indigenous to our area), our big display board with color pictures of butterflies and the life cycle of the Monarch, a couple dozen slides and some live plants. Diane started the program by giving a detailed description of the butterfly and its life cycle. She then passed around a few of our mounted butterflies and talked about specifics on some of them. She ended her part of the presentation by teaching everyone present the "butterfly song". Then I spoke to the audience about the types of plants that different butterflies use for food and for laying their eggs. We had harvested eight different flowers from our gardens that morning and had them displayed on the table. This brought up a discussion and questions on just what to plant and which are the best. Then Pat McCormick gave a presentation with slides loaned to us by Dennis Bozzay. The slides were of different local butterflies and even a few caterpillars. The photography was fantastic and the audience really seemed to enjoy them and the details Pat included.

After a question and answer period, Diane took part of the group out to see if they could spot any butterflies. The Museum is so new that landscaping has not been completed, and the few flowers planted near the entrance to the building were not the type to attract butterflies. So Diane had to go a little distance from the building in her search, but she and her group did have success in seeing a few butterflies.

There were 24 adults and 4 children in attendance and most of them seemed to enjoy our hour-long program. Our oldest attendee was 96 and our youngest was about 3 years of age. This was something new for the Corps and they had advertised it with flyers, news publications and on radio. One man had heard it on the radio that morning and drove to Alton from South County to see and hear our presentation.

Our Education Committee was pleased to be invited to make the presentation and happy with the interest shown by the participants and the Corps.

St Louis Audubon Society's Bi-Annual Birdseed Sale

*Friday, October 22nd from 5 p.m. until 7 p.m.
Saturday, October 23rd from 9 a.m. until 11 a.m.*

Order for the early winter season and be prepared to feed your backyard birds and ensure that they will survive during the coldest winter months. Order by Tuesday, October 19th for the 22nd and 23rd pickup. Seed must be picked by October 27th at the latest unless other arrangements have been made.

Make check payable to St Louis Audubon Society and mail to:

Anne Rankin Horton
718 Inglestone Court
Manchester, MO 63021
(636) 256-3402

Pick up will be at the Wild Bird Center in Creve Coeur:

12792 Olive Boulevard
Bellerive Plaza
Creve Coeur, MO 63141
(314) 439-9453

All proceeds from the birdseed sale fund education outreach programs.

Wild Bird Center is located approximately two miles west of I-270 near Mason Road and Timber Run in the Bellerive Plaza. Look for the store between Schnucks and Silkys. Any Audubon member who would like to shop during this time gets a 10 percent discount off any merchandise purchased at the store.

Birdseed Order Form

Make checks payable to: St. Louis Audubon Society and mail to: Anne Rankin Horton 718 Inglestone Court Manchester, MO 63021 (636)256-3402 email:anne.horton@att.net	Bird Seed Type Lbs/Bag Qty Cost Subtotal
Name: Address: Phone:	Black Oil Sunflower 25 lb _____ \$11 _____
	50 lb _____ \$20 _____
	No-Waste Mix
	no milo, has hulls 25 lb _____ \$9 _____
	50 lb _____ \$15 _____
	Premium No-Waste
	no milo, no hulls 20 lb _____ \$10 _____
	40 lb _____ \$18 _____
	Safflower
	Seed 25 lb _____ \$24 _____
50 lb _____ \$43 _____	
Thistle/Niger 10 lb _____ \$15 _____	
Total: _____	

Conservation Forum 2004: The Living World, St. Louis Zoo

Sue Gustafson

Join St. Louis Audubon Society as we participate in the annual Conservation Forum sponsored by the University of Missouri-St. Louis. This year's forum will be held from **6:00-9:30 PM on Wednesday, October 27, 2004** at The Living World Building, St. Louis Zoo. The forum will focus on conservation in Missouri and will feature keynote speaker John D. Hoskins, Director, Missouri Department of Conservation. Talks will also be given by Doug Ladd, Director of Conservation Science, The Nature Conservancy and Dr. Robert Marquis, Professor of Biology, University of Missouri-St. Louis.

St. Louis Audubon Society will have a tabletop display that describes the mission, activities, and achievements of our organization. The event is free, and attendees will be able to purchase a light supper.



Mike Grant

St. Louis Audubon Participates in BioBlitz in Forest Park

Sue Gustafson

BioBlitz, the first-ever 24-hour biological exploration of St. Louis' Forest Park, was held September 10-11, with members of St. Louis Audubon Society participating in ornithological, herpetological, and botanical surveys of the park. BioBlitz created a multi-taxon inventory of Forest Park's biodiversity and involved members of the public who were able to accompany scientists and naturalists as they recorded species observed in the 24-hour period. St. Louis Audubon's Education Committee manned a display table which featured our mounted specimens of the bird species that can be found in Forest Park and which highlighted the activities of our organization. Special mention was made of our organization's involvement with Forest Park, as follows:

St. Louis Audubon Society and Forest Park Missouri's Important Bird Areas Program -- The Important Bird Areas (IBA) Program, a global effort initiated by National Audubon Society and Bird Life International, has recently been established in Missouri by Audubon Missouri and the Missouri Department of Conservation, with the support of local **Audubon** chapters and statewide birders. **Forest Park's Kennedy Woods** was designated as an IBA in the first round of site selections based on its importance in providing premiere habitat as a "stopover" site for migratory birds. Of special significance is that this bird habitat is located in the heart of an urban area. Dr. Randy Korotev of Washington University has compiled bird observation data in Forest Park for the past 25 years with an impressive species total of 160.

Urban Bird Conservation Treaty Program-- Habitat restoration in **Forest Park's Kennedy Woods**, including the addition of native vegetation and construction of a permanent water source for wildlife in the area of the former Valley Drive road removal, is one of the projects of the Urban Bird Conservation Treaty Program, a Cooperative Agreement program between the **U.S. Fish & Wildlife Service** and **St. Louis Audubon Society**. The program provides federal funding to municipalities and non-government organizations involved in bird conservation in the areas of habitat restoration and educational outreach.

SLAS Birding Trips for October and November

John Solodar

October 9, Saturday - Highway 79 Special: Clarence Cannon NWR, B.K. Leach and Prairie Slough. This trip will start at 8:00 am at Clarence Cannon NWR.

We will probably go all day taking in B.K. Leach and Prairie Slough as well so bring a lunch and plenty of water if you plan to go all day with us. Trip leaders are Mike Thelen and Mike Grant.

October 16, Saturday - Twin Rivers NWR, Riverlands and Confluence State Park. John Solodar and Paul Bauer will lead this trip which starts at 8:00 am at the Gilbert Lake Parking area just north of the Brussels Ferry above Grafton, IL. We are hoping for lots of shorebirds and waterfowl as well as a variety of late migrating land birds. Bring lots of water and a lunch if you plan to go all day with us. We have made arrangements to have the Gilbert Lake area open for us even though this trip is one day after the normal Oct 15 closing of the area for duck season.

October 30, Saturday - Horseshoe Lake. - Paul Bauer and Mike Thelen will lead us on this half-day trip. In addition to Horseshoe Lake itself, we will likely take in a few other areas nearby such as Indian Lake.

November 20, Saturday - Busch & Weldon Springs CA. This trip starts at 8:00 am at the Hampton Lake parking area at Busch Conservation Area. Lots of waterfowl should be in by now as well as migrant land birds from the north that winter here. This is the time of year when unusual birds often turn up so anything is possible. Trip leaders are Mike Thelen and Pat Lueders.

Upcoming WGNSS walks on Sundays.

October 24 - Mike Thelen, leader. 8:00am at Clarence Cannon NWR HQ parking lot. This will be all day trip so bring lunch and drink. Trip will start at CC then bird south along Mississippi River. with stops at Prairie Slough, B.K. Leach C.A., Winfield Dam and others. Please bring FRS radio if you have one.

How to get there

Busch Conservation Area Take U.S. 40/I-64 west into St. Charles County. Take Hwy 94 south from U.S. 40 about 1 mile to Hwy D. Turn right and go about 1.5 miles to the entrance on the right. Turn left at the "T" to Hampton Lake and meet in the parking lot. For trips using a H.Q. starting point turn right at the "T".

Clarence Cannon Nat Wildlife Refuge Take Missouri Hwy 79 north from I-70 to Annada. Turn right on the south side of Annada and follow signs to the headquarters. The trip takes about 65-70 minutes from the intersection of I-170 and I-70 near the airport.

Horseshoe Lake Take I-70 east across the Poplar Street Bridge. Exit at Hwy 111 (exit 6) and turn left. Go about 2 miles to the State Park entrance (on the left). Meet at 1st parking lot on the right.

Twin Rivers Nat Wildlife Area Gilbert Lake Access From the intersection of I-270 and Hwy 367 on the northern loop of I-270, follow Hwy 367 then Hwy 67 north as if going to Riverlands, but go over the Clark Bridge into Alton IL. Go left on Route 143 at the end of the bridge and left again at the intersection with Route 100. Follow Route 100 upriver through Grafton.

Just north of the Brussels Ferry landing on the left side of the road is a sign for the Gilbert Lake area. There is a parking lot just inside the gate.



Mike Grant

New Trail Around Creve Coeur Lake Connects to Birding Opportunities

Peggy Whetzel

The new Creve Coeur Lake Memorial Park Trail offers miles of pleasure to those who like to combine exercise, comfort and birding.

The trail consists of three overlapping sections: the Lakeside Loop, a 4.1 mile leg around the lake and along Creve Coeur Mill Road, and a secondary 3.6 mile trail, the Meadows Loop, which travels along the west side of the lake to Mallard Lake. (The Meadows Loop segment leading directly to Mallard Lake was incomplete at press time and closed off, however.)

A third path about 3 miles long connects the park to the 200-mile Katy Hiking and Biking Trail in St. Charles County by way of the new Page Avenue extension, Highway 364. The connector is 3.6 miles or 2.8 miles, depending on whether you consult the MoDOT or St. Louis County Parks Web sites. The trail over the Highway 364 bridge is separated from vehicle traffic, a bridge of its own.

A new parking lot built off the northwest corner of the bridge in St. Charles County has direct access to both the Highway 364 bridge and the Katy Trail. The parking lot is not marked by a sign, but it is visible off Arena Parkway and Highway 364.

Creve Coeur Memorial Park offers parking with trail access off Creve Coeur Mill Road and River Valley Drive, and also off Marine Avenue. The lake is accessible from the new Maryland Heights Expressway off Highway 364.

That being said, if you haven't been to the area recently, here's a warning: the roads are now connected in different ways and at different points near Highway 364. Whether you park in St. Louis or St. Charles County, plan to spend a little time getting your bearings.

Formal trails offer terrific ease of access to birders. Depending on your mode of locomotion, it's possible to stroll or whiz through a series of ecosystems, all the while safe from poison ivy, stinging plants and ticks. You're in the woods, then out in the sun again, traveling along the river with the bluff at one shoulder, then past wetlands, then along a country road with farm fields stretched across the bottoms,

then past subdivisions and even into cities and towns.

Not that there aren't hazards on trails, of course. Whether you walk or ride, the activity sometimes seems a lot like a game of dodge ball, particularly in popular sites along the lake. There are bicycle riders (most frightening are the speedsters with sponsor logos on their outfits), weaving inline skaters, family reunions taking up both sides of the trail, baby strollers, wobbly children on bikes, dogs on and off leash (one of my friends tied a large dog to his bicycle handlebars and wound up with two black eyes and a split lip when he crashed) and people in love.

Even wildlife can be a hazard. Deer jump the trail, which can be unnerving as well as wonderful. Rabbits, squirrels and woodchucks dart this way and that. Snakes, toads, frogs and snails creep across the way, creating a danger for themselves and the compassionate folk (all of us, I hope) who speed their journey at the risk of being run over. Even bugs--to keep them from being crushed or crippled, I've cautioned people around parasitic wasps that were dragging paralyzed spiders, and spiders dragging paralyzed wasps.

But the birding is easy and wonderful. Birds are adept at dodging passers by.

In the summer, you can see the smallest and tallest birds in Missouri along the Katy Trail and the Creve Coeur Memorial Lake loops. Indigo buntings and bullfinches flutter across the path or even fly alongside bicycles for a time. Wrens and hummingbirds can be spied in the growth. Herons and egrets fish at the north end of Creve Coeur and Mallard lakes, and along the Missouri River bottomlands. Turkeys show themselves. Kingfishers sometimes perch regally along creeks that flow under the Katy and into the river. Buzzards hang in the air off the bluffs, their shadows sweeping over the trail like a chilly premonition. Once I nearly ran over an owl as it landed on the trail.

Some of the best birding can be had along the connector road between Creve Coeur Lake and the Highway 364 bridge. Pools, ponds and a lake are havens for migratory wildlife.

One evening in August, I stopped my bike by a new lake with a pretty expanse of blooming lotuses, lily pads and green cattail rushes. The sunset turned water and sky a delicate pink. In the distance, white herons rose and settled, rose and settled for the night.

Continued on next page...

WANTED-A FEW GOOD PEOPLE

The Education Committee is looking for new people to add to our group. We do presentations at schools, garden clubs, senior groups, scouts, etc. We do both daytime, evening and an occasional week-end. The topics are various-we do birds, butterflies, plants, mammals, bats, owls, trees and a few more. You do not have to be an experienced birder, or have knowledge of the other topics. You do an on the job training with experienced members of the group and are not required to present any topic until you feel you are ready. Some of our members are retired and some are still employed, so your participation is geared on your availability once you are ready to start presenting. Sometimes we are very busy with one or two presentations a week and other times we only have two or three a month. Our committee meets once a month-usually on a Friday and at a member's home in Glendale. The meeting starts at 9:30am and goes to about 11:00am, when we conclude with lunch together before we disperse about 12:00.

It sounds like a lot of work, but it is very rewarding to hear the comments of the children and adults after the completion of the presentation. We also learn something each time we do a presentation as each person does it a little differently and adds a little something of their knowledge.

Anyone wanting to attend one of our meetings should call me at 636-391-8751. Our next meeting will be held on Friday, October 22.

Sharon Nickl
V.P. of Education

Continued...

Abruptly, a ribbon of blackbirds formed directly over my head and swooped into lake before me, landing on cattail leaves. The birds came and they came, until the scene before me was filled with thousands of birds roosting for the evening. And still they came. Blackbirds are common, but the effect was exhilarating. The scene looked primeval, lush and full of life, as though something from dinosaur times.

For maps and information about the trails and park amenities, check either MoDOT or the St. Louis County Park Web sites.

Tale Feathers

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St. Louis Audubon Society 2004 - 2005

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Attention!

The deadline for the Nov. issue is
October 10. Send inquiries to Anne by

E-mail ambolte@swbell.net

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As a joint member with National Audubon, you will receive National Audubon's quarterly magazine (Audubon) as well as St. Louis Audubon Society's Newsletter (Tale Feathers). Now you also have the opportunity to join only the St. Louis Audubon Society, receive Tale Feathers, and participate in the educational and conservation activities of St. Louis Audubon. There is no distinction between individual and family membership. Dues cover all members at the same address. For information, call (314) 822-6595.

St. Louis Audubon Society / National Audubon Society -- Membership Application

All applicants please check: ☐ New, or ☐ Renewal Use this form to join St. Louis Audubon / National Audubon

For joint membership in St. Louis Audubon Society and National Audubon Society, Make checks payable to **National Audubon Society** and mail to St. Louis Audubon Society, P. O. Box 220227, Kirkwood, MO 63122.

☐ Introductory Membership / \$20 ☐ Special Two-Year Introductory Membership / \$30

☐ Senior Citizen / \$15 (New and renewal) ☐ Student / \$15 (New and renewal)

☐ Renewal / \$35 (We recommend that you use the forms supplied by National Audubon)

Membership in only the St. Louis Audubon Society. Write checks payable to **SLAS**. Mail to St. Louis Audubon Society, P. O. Box 220227, Kirkwood, MO 63122.

☐ Local Chapter Membership only (St. Louis Audubon Society), Introductory and renewal. / \$15

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